



The Catholic Parish of Pittwater

Sacred Heart & Maria Regina. Neighbourhoods of Grace, entrusted to the care of the Salvatorians.

A warm welcome to all our parishioners and visitors who are celebrating the Eucharist with us at Pittwater Parish -
Sacred Heart Church and Maria Regina Church



Thoughts of Blessed Francis Jordan

Truly the Almighty will help you in all your worries and sufferings. He will never abandon you. He will give you courage and strength.

The Memorare

Remember,
O most gracious Virgin Mary,
that never was it known
that anyone who fled to
your protection,
implored your help,
or sought your intercession,
was left unaided.

Inspired by this confidence
I fly unto you,
O Virgin of virgins, my Mother.
To you I come,
before you I stand,
sinful and sorrowful.

O Mother of the Word Incarnate,
despise not my petitions,
but in thy mercy hear and answer me.
Amen.



"I have come to bring fire
to the earth,
and how I wish it were
blazing already!"
Luke 12:49

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Parish

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on Instagram
(catholicparishpittwater)

SAFEGUARDING

We, the people of the Catholic Diocese of Broken Bay and the Catholic Parish of Pittwater are committed to fostering communities of safety and care for all people, especially for children and others in the community who are vulnerable. Our commitment is underscored by our faith in Jesus Christ.



POPE LEO'S PRAYER INTENTION for AUGUST

For Mutual Coexistence
Let us pray that societies where coexistence seems more difficult might not succumb to the temptation of confrontation for ethnic, political, religious or ideological reasons.

MASS TIMES

Sacred Heart Church

1 Keenan Street, Mona Vale

WEEKDAY MASSES

Tuesday 9.30 am
Exposition of the
Blessed Sacrament,
Adoration, Reconciliation
and Benediction *from*
8.30 am followed by Mass

Wednesday 9.30 am

Thursday 7 pm
Exposition of the
Blessed Sacrament,
Adoration, Reconciliation
and Benediction *from*
7.30 pm to 9.00 pm

Friday 9:30 am
First Friday of the month,
Exposition of the
Blessed Sacrament,
Adoration, Reconciliation
and Benediction
from 9:30 am,
followed by *Healing Mass/*
Anointing of the Sick
at 10.30 am

WEEKEND MASSES

Saturday Vigil 5.00 pm
Sunday 8.00 am, 10.00 am
& 6.00 pm (SOUL)

RECONCILIATION

Saturday Vigil
4.00 pm to 4.30 pm

BAPTISM

4th Sunday of the Month
11.30 am

Maria Regina Church

7 Central Road, Avalon

WEEKDAY MASSES

Monday 8.00 am

Wednesday 8.00 am

Thursday 10 am
9.00 am Exposition of the
Blessed Sacrament,
Adoration and Benediction
at 9.45 am

Friday 8.00 am
First Friday of the month,
Healing Mass/
Anointing of the Sick
at 8.00 am

WEEKEND MASSES

Saturday Vigil 6.00 pm
Sunday 9.00 am

RECONCILIATION

Before Vigil Mass on
Saturday

BAPTISM

3rd Sunday of the Month
11.00 am

We Pray for

Deceased Anniversary
Matthew Seve
Milagros Macarayan
Jacqueline Hackley

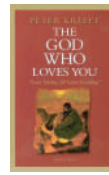
May all the souls of the
faithful departed, through
the mercy of God,
rest in peace. Amen.

Prayer for the Sick

Anna Śmigowska
Lily Janosik
Sue French
Maureen Larios
Elaine Boyes
Pauline Chipman
Ron Clarke
Barbara Clarke
Anna Katanec
Mother Pauline
Angela Miller
Philip Khalifeh
Joseph Khalifeh
Therese Keane
Bruce Farr
Heidi Taylor
James
Jacinta Purnell - Major
Garry Gleeson
Nenita Roque
Marie Celine Roque- Maca
Neda Crvelin
Jesse Cathersides

BOOK REVIEW

The God Who Loves You
by: Peter Kreeft



Knowing the height, depth and breadth
of God's love for you is the secret.
His love, in its spiritual, moral and
practical dimensions, proves love
resolves our problems and
deepest yearnings.

Be
JOYFUL
in hope
PATIENT
in affliction
FAITHFUL
in prayer
Romans 12:12

Liturgy for the Week

18/08 Monday, Ordinary Time 20
Judges 2:11-19; Mt 19:16-22

19/08 Tuesday, Ordinary Time 20
Judges 6:11-24; Mt 19:23-30

20/08 Wednesday, St Bernard
Judges 9:6-15; Mt 20:1-16

21/08 Thursday, St Pius X
Judges 11:29-39; Mt 22:1-14

22/08 Friday, The Queenship of the
Blessed Virgin Mary
Ruth 1:1, 3-6, 14-16, 22;
Mt 22:34-40

23/08 Saturday, Ordinary Time 20
Ruth 2:1-3, 8-11, 4:13-17;
Mt 23:1-12

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Pittwater

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Parish through the
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generous donations throughout
the year are greatly appreciated.

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Feast Day of the
The Queenship of the Blessed Virgin Mary
22nd August
Maria Regina Church, Avalon
8 am & 11.30 am with school community



Commitment and Conflict



20th Sunday in Ordinary Time, Year C



Jesus made it clear to his disciples that believing in him would lead to division. Circle the words below that can help us to deal with conflict in a positive way

Use the words below to find out what Jesus said to his disciples.

Respect
Forgive
Blame
Shout
Listen
Ignore
Courage
Argue

Do you _____ that I
am here to _____
on _____? No, but rather,
_____.



earth
division
peace
suppose
bring

Draw a picture of Jesus from one of the following bible stories where he was in conflict with others...

Jesus Cleanses the Temple
Jesus drives out all who were
selling and buying in the temple
Matthew 21:12-17

Jesus is rejected in his home
town of Nazareth
Luke 4:16-4:30

Jesus Before the High Priest
Jesus is arrested and questioned
by the High Priest, Caiaphas
Matthew 26:57-26:68

Luke 12:49-53

© Creative Ministry Resources

Parish Directory

Pittwater Parish

1 Keenan Street,
Mona Vale
NSW 2103
Tel 9157 0999

Parish Priest
Fr Richard Sadowski SDS

Tel 9157 0999 ext 10
pp@pittwaterparish.org

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Fr Zygmunt Smigowski SDS

Tel 9157 0999 ext 12
ap@pittwaterparish.org

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media@pittwaterparish.org

Sacramental Coordinator
Sonia Samartin

Tel 9157 0999 ext 13
sacraments@pittwaterparish.org

CCD Catechist
Coordinators

Maureen Wooldridge

Mobile 0421 907 469

Veronica Thomas
Mobile 0417 061 534

Sacred Heart Church

1 Keenan Street, Mona Vale

Maria Regina Church

7 Central Road, Avalon

SCHOOLS

Sacred Heart School
Mona vale

Tel 8197 6900

Principal: Ms Louise O'Brien

Maria Regina School
Avalon

Tel 7256 2138

Principal: Ms Kirsty Thorpe

Mater Maria Catholic College
Warriewood

Tel 7256 2100

Principal: Mr Anthony Mahoney



PARISH MORNING TEA GATHERING

Every month after the
8 am Mass on the
1st Sunday and
after the 10 am Mass on
the 3rd Sunday at
**SACRED HEART CHURCH,
MONA VALE**

2nd and 4th Sundays
after the 9 am Mass
at the front of
**MARIA REGINA CHURCH,
AVALON**



Little Hearts Playgroup

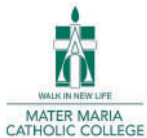
MONDAYS

9:30 - 11:30

(School Term)

Please contact

NIKKI - 0481 009 376



Parish Bulletin - Term 3, Week 4

As our Year 12 students undertake their HSC Trial examinations, we kindly ask for your prayers and support during this important time. May God guide their efforts and bless them with results that reflect their dedication and abilities.

This week, our Year 11 Health and Movement Science students participated in the PhysXrehab program at Cromer Park. The program offered a hands-on experience to deepen their understanding of energy systems, training methods, physiological responses, and sports nutrition in a real-world sporting context.

On Friday 15 August, some of our talented band students provided music for the Avalon RSL Service, contributing to a meaningful and respectful community event.

Our students continue to actively engage in a variety of sports programs, including the MWBA Basketball program, Peninsula Cup Soccer and Rugby competitions, and other inter-school sporting events.

Every Friday, our prefects lead Faith Fridays - a special time of reflection, music, and community in the Chapel and Courtyard. All students are warmly invited to join.

Applications are now open for Year 2028 and 2029. Please note that waitlists are currently in place for Year 7, 2026 and 2027. For more information, visit: <http://www.matermaria.nsw.edu.au/enrolments>

ADVERTISEMENT SPACES AVAILABLE

Our bulletin has available spaces to promote local businesses.

It's a great way to reach the community and endorse your services.

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A National Catholic Ministry for Men, founded out of a response to a great need in the hearts & lives of men & great need in the life of the Catholic Church.

ALL MEN WELCOME

We Meet

First & Third Tuesday of every Month

At 7pm

Sacred Heart Parish Centre

**We will also be beginning a series on
METANOIA**

A video series & discussion, inviting everyone to a deeper more profound conversion - a metanoia - that moves us from something to someone, as metanoia ultimately turns us to Jesus.

Bringing men together, to renew their faith in God & encourage them to be an active force of renewal in the Church

For any questions contact

Joe Cilia - 0418 863 814



IS GOD CALLING YOU TO MAKE A DIFFERENCE IN VOCATIONS MINISTRY?

SERRA VOCATIONS MASS AND DINNER MEETING

THURSDAY 28TH AUGUST 2025

AT SACRED HEART CHURCH PYMBLE

COMMENCING WITH MASS AT 6.30 PM

**OUR MASS CELEBRANT AND GUEST SPEAKER AFTER DINNER WILL
BE FATHER MICHAEL SULLIVAN OSA. HIS TOPIC WILL BE
"SAINT AUGUSTINE'S CONFESSIONS".**

EVERYONE IS WELCOME, SO PLEASE COME AND SEE.

Please remember to pray every day for vocations to the priesthood, diaconate, the consecrated life, ecclesial women, all seminarians, novices and for the residence of Joseph House Discernment Centre.

Please also pray for the perseverance of existing vocations.

For catering purposes kindly ring

Anna Leung on 0478 083 116 or

email annaytleung@yahoo.com.au or

ring Terry Scanlan on 0438 887 295 or

email terry_scanlan@bigpond.com if you are planning to attend.

Why I love being a Catechist



My name is Judi Woodward. I became a Catechist mainly because of my "Catholic Conscience". Although I had given it a thought each time a request was made, I thought, "No, I can't do that. I can't be upfront, I'm too reserved." At this particular time they were asking parishioners to go into the classrooms as helpers to keep the children's attention on the task at hand. I thought, "I can do that. I have been a helper at Girl Guides and a manager for my daughter's netball team as well as other commitments with children. So here we are 26 years later!

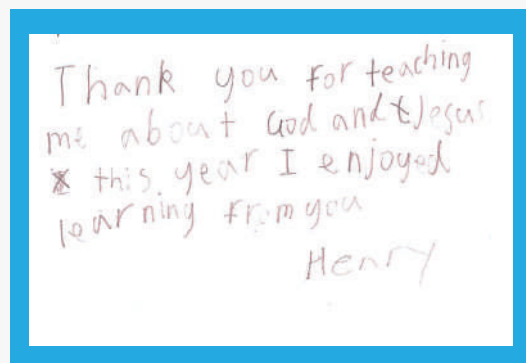
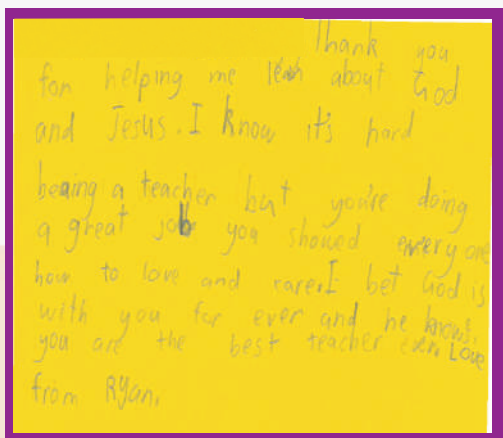
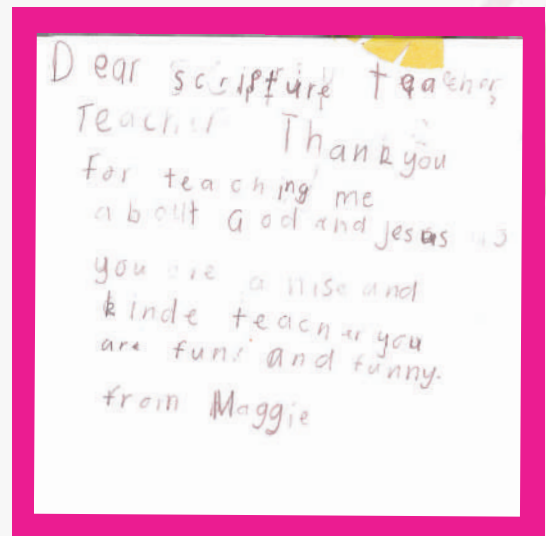
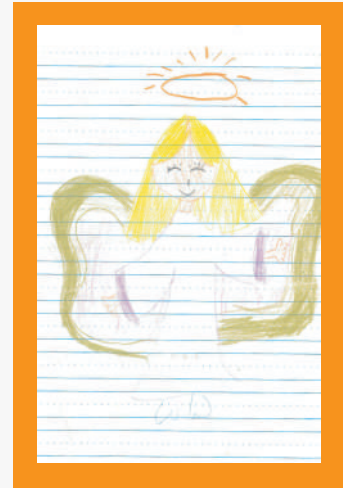
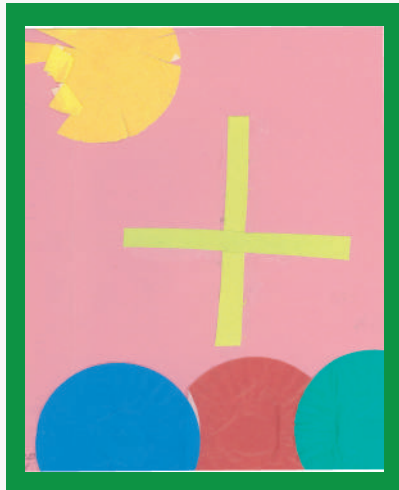
Of course, I didn't stay as a helper. It made me aware of how important this work is and with an Introductory Course and very user-friendly resources, I was in charge of a delightful Year 1 class. We have a very supportive team who share experiences, sometimes difficult, often entertaining, at regular coffee gatherings. You might be thinking, "I go on holidays or away for a couple of weeks here and there and I can't be reliable." Maureen Wooldridge and Veronica Thomas, our dedicated, longtime coordinators, are very good at juggling classes to accommodate our volunteers' often much needed breaks. *So please come and join us in this most rewarding work.*

Special Religious Education (SRE)

Cards and Messages of Children to Their Catechists

The simple words and colourful drawings of children often speak volumes. Each card and message given to a catechist is more than a note—it's a reflection of love, gratitude and faith. With innocent hearts and joyful spirits, children express thanks for the time, patience and care their catechists have shown them.

These messages are a sincere recognition of the seeds of faith being planted in their lives. For catechists, these small gestures are powerful reminders that their work matters—that every lesson, story and moment of encouragement is touching young hearts in ways that words can barely capture. In these humble cards, we see a glimpse of the Kingdom: joy, love and the growth of faith in the youngest members of our Parish.



Have you thought about becoming an AWESOME Scripture Teacher (Catechist) or would you like to be in a classroom helping our scripture teachers with these delightful children?

If you would like to know more, please contact
MAUREEN WOOLDRIDGE 0421 907 469 or VERONICA THOMAS 0417 061 534

The *Living* Word

Entrance Antiphon Psalm 83:10-11

Turn your eyes, O God, our shield;
and look on the face of your anointed
one; one day within your courts
is better than a thousand elsewhere.

First Reading Jeremiah 38:4-6. 8-10
A reading from the prophet Jeremiah
*You bore me to be a man of strife for the
whole world.*

The king's leading men spoke to the king. 'Let Jeremiah be put to death: he is unquestionably disheartening the remaining soldiers in the city, and all the people too, by talking like this. The fellow does not have the welfare of this people at heart so much as its ruin.' 'He is in your hands as you know,' King Zedekiah answered 'for the king is powerless against you.' So they took Jeremiah and threw him into the well of Prince Malchiah in the Court of the Guard, letting him down with ropes. There was no water in the well, only mud, and into the mud Jeremiah sank. Ebed-melech came out from the palace and spoke to the king. 'My lord king,' he said, 'these men have done a wicked thing by treating the prophet Jeremiah like this: they have thrown him into the well where he will die.' At this the king gave Ebed-melech the Cushite the following order: 'Take three men with you from here and pull the prophet Jeremiah out of the well before he dies.'

The word of the Lord

Responsorial Psalm Ps 39:2-4. 18. R. v.14
(R.) Lord, come to my aid!

I waited, I waited for the Lord and he
stooped down to me; he heard my cry.
(R.)

He drew me from the deadly pit, from
the miry clay. He set my feet upon a rock
and made my footsteps firm. **(R.)**

He put a new song into my mouth, praise
of our God. Many shall see and fear
and shall trust in the Lord. **(R.)**

As for me, wretched and poor, the Lord
thinks of me. You are my rescuer, my
help, O God, do not delay! **(R.)**

Second Reading Hebrews 12:1-4
**A reading from the letter to the
Hebrews**
*Let us bear patiently the struggle placed
upon us.*

With so many witnesses in a great cloud
on every side of us, we too, then, should
throw off everything that hinders us,
especially the sin that clings so easily,
and keep running steadily in the race we
have started. Let us not lose sight of
Jesus, who leads us in our faith and
brings it to perfection: for the sake of the
joy which was still in the future, he
endured the cross, disregarding the
shamefulness of it, and from now on has
taken his place at the right of God's

throne. Think of the way he stood such
opposition from sinners and then you
will not give up for want of courage. In
the fight against sin, you have not yet
had to keep fighting to the point of death.

The word of the Lord.

Gospel Acclamation John 10:27

Alleluia, alleluia!

My sheep listen to my voice, says the
Lord; I know them, and they follow me.

Alleluia!

Gospel Luke 12:49-53
**A reading from the holy Gospel
according to Luke**
*I have come not to give peace, but
discord.*

Jesus said to his disciples: 'I have come
to bring fire to the earth, and how I wish
it were blazing already! There is a
baptism I must still receive, and how
great is my distress till it is over!
'Do you suppose that I am here to bring
peace on earth? No, I tell you, but rather
division. For from now on a household
of five will be divided: three against two
and two against three; the father divided
against the son, son against father,
mother against daughter, daughter
against mother, mother-in-law against
daughter-in-law, daughter-in-law against
mother-in-law.'

The word of the Lord.

Communion Antiphon Psalm 129:7

With the Lord there is mercy; in him is
plentiful redemption.

REFLECTION
by Dianne Bergant

*As disciples we commit ourselves to
values and principles that are not always
cherished by others. We can be
misunderstood for our beliefs, even
ridiculed. Our lives may be a reproach to
those who do not share our aspirations.
There may be times when we must stand
in opposition to others. All of this tends
to alienate us. It could even place us at
enmity with those whom we love. Yet, if
we are genuinely committed, we realise
that there is also a price to pay if we are
not faithful. It is very difficult to live with
ourselves when we disregard our deepest
convictions and ignore the promptings of
God that we experience within ourselves.
As difficult as a life of faith may be, we
know that it is the only way to live in this
world.*

*Faced with the cost of discipleship we
are brought to the realisation that, by
ourselves, we do not have the necessary
resources. We need assistance. Like
Jeremiah, we might find that this aid will*

*come from places we may have never
expected. The real support and
assistance that we get is from Jesus who
came to set the world and our hearts on
fire. Paul assures us that there is a vast
throng cheering us on as we run the race
of discipleship. They are not merely
spectators; they have already run or are
still running their own race. We are not
alone in our commitment, in our
struggle. There are many witnesses,
many examples for us to follow.*

© Dianne Bergant CSA

VOCATIONS

ANSWERING THE CALL:

*a celebration
of faith and hope*

Seminarians' Benefit Gala Dinner



Friday, 22nd August
7 pm - 11.30 pm
The Epping Club
45-47 Rawson St, Epping

There are still seats and tables available
for the Benefit Gala Dinner. For those
who cannot attend, please keep our
priests, seminarians, and discerners in
your prayers.

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Lord
whatever you do,
and he will establish
your plans.
Proverbs 16:3

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THE LORD OUR GOD, TO LIVE BY HIS DECREES
AND OBEY HIS COMMANDS, AS AT THIS TIME.**

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0403226699**



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MITRE 10**

**The Lord is good to those who
wait for Him, To the soul who
seeks Him. It is good that one
should hope and wait quietly
For the salvation of the Lord.
Lamentations 3:25-26**

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Commit

to the LORD whatever you do,
& he will establish your plans.

Proverbs 16:3

